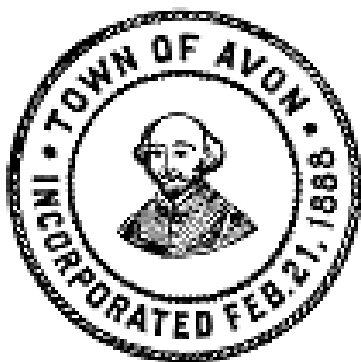


THE AVON TOWN CRIER



COUNCIL ON AGING

65 EAST MAIN STREET, AVON, MA 02322

HOURS: 8:30-4:30 MONDAY-WEDNESDAY

8:30-7:30PM THURSDAY, 8:30-1PM FRIDAY

PHONE: 508-559-0060 FAX: 508-584-9650

WEBPAGE: www.avon-ma.gov/council-aging

EMAIL: coa@avon-ma.gov

Volume 57, Issue 11

November 2022

A Message from the Director

Hope everyone enjoys Halloween!

November brings lots of programs scheduled at the COA. Thursday, November 3 at 6:30PM, during the Selectmen's meeting, Patty Sullivan of the Massachusetts Association of Councils on Aging and project manager for Dementia Friendly Massachusetts will present the Town of Avon with a certificate for becoming the 101st Dementia Friendly community in the Commonwealth.

The COA will celebrate Veterans Day with a lunch on Thursday the 10th. We will have speakers to honor our Veterans.

Our Thanksgiving luncheon will be Thursday the 17th, catered by Columbus Catering in Braintree. Tickets can be obtained at the COA.

We also have many other programs scheduled; we have students coming in to write letters with our seniors to Veterans, a speaker coming to talk about the Journey of the Pilgrims, the Highwaymen (an entertainment group), a Day of Beauty, a casino trip and a lunch at the Tavern. See the calendar for dates.

Happy Thanksgiving to everyone! Stay Healthy and Safe.

Jane

IMPORTANT NUMBERS:

Avon Council on Aging:

Jayne Carthas-Director: 774-480-5351

Louise Hardiman-Outreach: 774-480-5352

Cathy Emery : 774-480-5353

Avon Town Hall: 508-588-0414

Avon Fire - Non-Emergency: 508-583-5361

Avon Police - Non-Emergency: 508-583-6677

Exec. Office of Elder Affairs: 617-727-7750

Old Colony Elder Services: 508-584-1561

RUOK?: 866-900-7865

Medicare: 800-633-4227

Mass Health: 800-841-2900

Prescription Advantage: 800-243-4636

Protective Services: 800-922-2275

Social Security: 800-772-1213

Veterans Services: 508-558-0410 x:1018

November Birthdays

DEBORA CHASE

EILEEN FORDE

IRENE MEANEY

STEVEN MERRILL



ED SELMAN

MAUREEN SULLIVAN

TOWANA TEXEIRA-ROSARIO

WILMA WILLIAMS



Dr. Don G. Lane, General Dentist

Don't miss out on Life.....
Improve your hearing today



Michael Schmit Lic # 224

Board Certified

Hearing Instrument Specialist

- ♦ FREE hearing screening
- ♦ FREE hearing aid cleaning
- ♦ FREE video ear exam



CALL THE COA @ 508-559-0060
TO BOOK AN
APPOINTMENT
10:30-12:30am

NEW CLASS BEING OFFERED

On November 16 we will begin a balance class! During Covid we moved less and sat more. Steve Avellino CFT,CES,SSF,SSN will teach a 6 week class that will address how to maintain mobility, increase stability, and alleviate joint/muscle pain while indoors. He will also examine strategies to strengthen our immune system and promote overall physical and mental health. This class will meet every Wednesday at 1pm (excluding 11/23) at the COA. There are a few openings left so call to reserve your spot. The class will cost \$42 and is payable at sign-up prior to the start of the first class .
Don't wait lets get moving again!

INFORMATION FROM THE OUTREACH DESK

Shingrix will be \$0 copay in 2023

With the passage of the Inflation Reduction Act in 2022, people with Medicare drug coverage will pay nothing out-of-pocket for adult vaccines recommended by the Advisory Committee on Immunization Practices (ACIP), including the shingles and Tetanus-Diphtheria-Whooping Cough vaccines, starting January 1, 2023.

Covid Vaccine Boosters

Contact the COA if you would like help to find or register for an appointment to get the new Covid-19 booster. Walk-ins are also welcome Sunday through Friday at the Randolph vaccine clinic at 81 Memorial Parkway. Please wear a mask inside the clinic and bring your vaccination card if it is not your first covid shot.

Fuel Assistance

Avon residents age 60 and older can apply for fuel assistance through the Avon Council on Aging. Eligibility is based on household size and gross annual income (income before deductions are taken out). Households at or below \$42,411 for a single person household and at or below \$55,461 for a two-person household may be eligible. Larger households have higher income eligibility levels. For more information, contact Louise at 774-480-5352 or see the Self Help Fuel Assistance website at <https://selfhelpinc.org/program-services/fuel-energy/home-energy-assistance/>.



NOVEMBER 2022

***Activities indicated with an asterisk require advanced sign-up.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 12:00 LUNCH	2 9:30 Roche Bros. or Target	3 10:30 Chair Yoga 12:00 LUNCH 1:00 Journey of the Pilgrims 6:30 DEMENTIA FRIENDS AWARD	4 9:15 Walmart or Stop & Shop 10:15 Tap class
7 9:15 Market Basket 11:15 Line Dancing 12:30 CARDS	8 ELECTION DAY* 7am-8pm 12:00 LUNCH AT THE TAVERN*	9 9:00 Nail Care* 9-1 Day of Beauty* 9:30 Roche Bros. or Target 12:00 Movie Day	10 10:30 Chair Yoga 12:00 VETERANS LUNCH 6PM HIGHWAYMEN PROGRAM 1:00 Grief Group	11  <i>Happy Veterans Day</i>
14 9:15 Market Basket 11:15 Line Dancing 11:30 Plainridge Casino* 12:30 CARDS	15 10:30 Coffee w/ the Director 12:00 LUNCH PROVIDED BY OCES & CAREGIVERS PROGRAM*	16 9:30 Roche Bros. or Target 11:30 AB Church Ecumenical Lunch 1:00 BALANCE CLASS* (see page 2 for info)	17 10:30 Chair Yoga 10:30-11:30 Blood Pressure 12:00 THANKSGIVING LUNCH* - Tickets required	18 9:15 Walmart or Stop & Shop 10:00 COA Board Meeting 10:15 Tap class
21 9:15 Market Basket 11:15 Line Dancing 12:30 CARDS	22 12:00 LUNCH 12:45 CRAFTS	23 9:30 Roche Bros. or Target NO BALANCE CLASS	24 	25 NO VAN RIDES OR CLASSES TODAY
28 9:15 Market Basket 11:15 Line Dancing 12:30 CARDS	29 12:00 LUNCH	30 9:30 Roche Bros. or Target 1:00 BALANCE CLASS	No Hearing Clinic in November	

Journey of the Pilgrims Program 11/3 @ 1pm

Richard Nichols talks about their voyage, the landing, life in Plymouth, meeting the Native Americans and much more.

Dementia Friendly Community Award 11/3 @6:30

During the Selectmen's meeting, Patty Sullivan of the Massachusetts Association of Councils on Aging and project manager for Dementia Friendly Massachusetts will present the Town of Avon with a certificate for becoming the 101st Dementia Friendly community in the Commonwealth.

Election Day 11/8—CALL COA TO SCHEDULE A RIDE TO THE POLLS BY 11/4**Movie Day 11/9 @12pm "Going in Style" Rated PG13 Staring: Morgan Freeman, Michael Caine and Alan Arkin**

Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.

Day of Beauty 11/9 @ Blue Hills Regional HS

COA van will be leaving Avon at 8:30. We will spend the morning being pampered with a wash/dry of your hair, manicure, facial, then lunch. Cost is \$30 (space is limited, Avon residents get first consideration) Call Cathy Emery @ 774-480-5353.

Nail Care with Maureen Connolly RN 11/9

Nail trimming is done by a certified foot care nurse at the COA and is \$30. Home visits are \$45. Call the COA to make an appointment.

Veterans Lunch 11/10—bring in a donation valuing \$5 or more and receive a free lunch

Coupon. See list on the lunch tables at the COA. Donations go to Cape Cod Cares for our Troops for distribution.

Highwaymen Program 11/10 @ 6pm

Longtime New England musician/author Matt York will perform the songs of Johnny Cash, Willie Nelson, Kris Kristofferson and Waylon Jennings and tell stories of their careers. The four songwriting legends joined forces in the 1980's to form the country supergroup The Highwaymen. However, prior to that, they'd each established themselves as stars and their careers intersected many times since the 1960's. York has twice been nominated as Best Male Artist by the New England Music Awards and his album Bruisable Heart was named one of the Boston Globe's best albums of 2019. This program is supported in part by a grant from the Avon Local Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

Grief Support Group 11/10 @1PM

Avon COA is hosting a Drop-in Grief Support Group facilitated by Dina Brooks, LICSW, ACHP-SW of Old Colony Hospice.

Plainridge Casino 11/14 Slots and harness racing @ 1pm, cost is \$ TBD and is due at sign-up.

School bus is leaving Avon Police Station @ 11:30 and returning at 4:30.

Avon Baptist Church Ecumenical Lunch Wednesday 11/16@ 11:30

The COA van is available. The luncheons are open to any senior in Avon and surrounding communities. They start at 11:30 a.m. with an informal worship (hymns, light message, announcements of interest) and at 12 p.m. a lunch is served. A goodwill offering basket is put out to help defray the cost of the luncheons.

NOVEMBER LUNCH MENU
LUNCH IS SERVED AT 12PM DONATION IS \$5.00
PLEASE PLAN TO BE SEATED BY 11:45
PLEASE NOTE THIS MENU IS SUBJECT TO CHANGE AND
APPETIZERS WILL NOT BE SERVED AFTER 12PM

Tuesday 11/1

Korean Beef w/ rice and veggie

Thursday 11/3

Chicken pot pie w/salad

Tuesday 11/8 LUNCH AT TAVERN-RESERVATION NEEDED

Tuna salad sandwich, chips, pickles

Thursday 11/10 VETERANS LUNCH

American Chop Suey, salad

Tuesday 11/15

LUNCH & LEARN- PROVIDED BY OCES

RESERVATIONS NEEDED BY 11/10 SEE PAGE 7 for more information

Thursday 11/17 THANKSGIVING LUNCH-RESERVATION NEEDED

AVON SENIORS \$5 OUT OF TOWN SENIORS \$15

Turkey, stuffing, green beans, smashed potatoes, squash, roll

Tuesday 11/22

Turkey or chicken soup, salad

Thursday 11/24

HAPPY THANKSGIVING

Tuesday 11/29

Pizza, Greek salad, cake & ice cream (Pizza sponsored by CAREONE- Randolph)

INFORMATION FROM THE OUTREACH DESK

Happy Veterans Day

Avon Veterans will be honored at the Avon Council on Aging and welcomed as guests to lunch on November 10th. Veterans please let us know you will attending by calling the Cathy at 774-480-5353 by November 7th. Veterans Service Officer Dale Kurtz will be present.

Veterans Benefits

If you are a veteran, you should know that Veterans' Service Officers (VSOs) are veterans located in cities and towns across Massachusetts. Your VSO can help you and your family access benefits such as Chapter 115 financial assistance, healthcare, housing, and education. Your VSO can also help you apply for U.S. Department of Veterans Affairs (VA benefits), including service-connected disability claims, job readiness, home loans, and burial benefits. Dale Kurtz is Avon's Veterans Service Officer. Contact him at 508-588-0414 X 1018 or at dkurtz@norfolkcounty.org.

National Grid customer energy savings event, Nov 10 in Brockton

With energy bills expected to increase this winter, for both natural gas and electric service, National Grid is holding a series of customer energy assistance events across Massachusetts to provide customers with information on available assistance and help them prepare for the winter season. The closest event will be held on Thursday, November 10th at the Shaw Center, 1 Feinberg Way in Brockton from 4-7PM. Customers can explore options and determine their eligibility for assistance including the following: Discount rate, Payment Plans, Budget Billing, and Arrears Management Program (AMP). If you already receive SNAP, MassHealth, or other benefits--bring your benefit card or letter to enroll in a discount rate for gas and electric accounts. You may qualify for a forgiveness program. Representatives from other assistance agencies may also be in attendance to share helpful information.

Family Caregiver Support Program Lunch and Learn – November 15th.

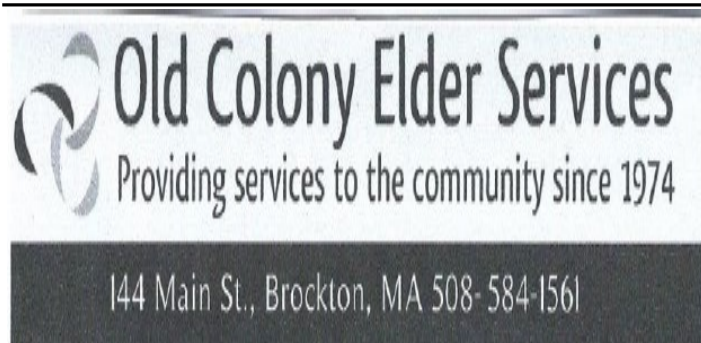
Tuesday's lunch on November 15th will be a Special Lunch and Learn program with OCES. OCES, also known as Old Colony Elder Services, is the regional agency that serves older adults, families and caregivers. OCES is providing the Lunch that day, and they will need to know how many people are planning to attend. You must reserve a spot by November 10th to attend lunch on November 15th! The Learn part of the program is about the Family Caregiver Support Program (FCSP)—a free program that can help you care for a member of your family. This program can empower families by providing available resources to help with caregiving including not only OCES programs but also other resources in the community. FCSP can also help develop an individualized self-care plan to assist in relieving stress.

COA VAN SCHEDULE HOURS: 8:45 A.M. – 2:30 P.M.
NO MEDICAL APPOINTMENTS AFTER 12PM - BOOK MEDICAL APTS. ASAP
VAN RIDES MUST BE BOOKED THE DAY BEFORE YOUR RIDE BY 12pm
NO CHARGE FOR VAN 1/1-12/31/2022

WESTGATE MALL & MARKET BASKET, Brockton	Monday	9:15 pick-up
Lunch at Avon COA	Tuesday	10:30 – 11:00 pick-up
ROCHE BROS, DOLLAR TREE IN EASTON KOHL'S AND TARGET IN STOUGHTON	Wednesday	9:30 pick-up
Lunch at Avon COA	Thursday	10:30 – 11:00 pick-up
WALMART, DOLLAR TREE, STOP & SHOP BROCKTON	Friday (van stops @ 1pm)	9:15 pick-up

Avon COA Van is available to assist Avon seniors and disabled people with transportation to local medical appointments, social, shopping, haircuts, banking, post office, voting and/or Town Hall appointments throughout the week.

BAT New Freedom Vans and other forms of transportation are always available as well, especially for times when the van is committed to the standing schedule. Call the COA for more information and assistance.



*Printing, distribution and/or production of the Avon COA newsletter and COA news flyers supported in part by the Executive Office of Elder Affairs. Director - Jane Carthas, Co-Chair - Karen Johnson, Co-Chair Nancy Puckett, Secretary - Linda Chute, Treasurer - Jean Kopke
Members - Joanne Grenham,, Ed Selman, Deborah Greene*